



### **MODULE 3: SANDTRAY VS. SANDPLAY**

So, if you are here, you are going to be learning about Sandtray Therapy. Now, there is a difference between Sandtray and Sandplay. Many people in the play therapy community often have very strong ideas about which camp you need to belong in. So, regardless of what you call yourself, you need to kind of know why and what the differences are. So, this is what we're going to talk about today.

So, here. . . let's talk about Sandplay first. Dora Kalff is the founder of Sandplay Therapy. It is very Jungian in nature. It has a lot of Carl Jung's influence, because of course, Dora Kalff did study with him quite often. There are exact sizes that are required for the sandtray itself. It has to stand up so high and be so deep and big. There is an ISST which is a professional membership. And again, they are very guarded about who calls themselves a Sandplay therapist. It can be very time consuming and expensive to obtain that certification.

Now, if you are doing Sandplay, they do not do any directives in the play. The idea then, is that the client is going to make what they need based on where they are. There is limited to very no interpretation or processing from the therapist. And again, you can only call yourself a Sandplay Therapist after you receive certification from the ISST. And, some of the important names to talk about is Barbara Turner and Kay Bradway.

OK. Let's shift over real fast here and talk about Sandtray, which again, if you're here, this is what I train in. There is no real founder of Sandtray unless you're going to be talking about Margaret Lowenfeld who started the whole Sandplay/Sandtray movement in and of itself. Sandtray therapists are usually open to incorporating several different theories so you can use cognitive behavioral in the sandtray, you can use solution focused in the sandtray. You can be flexible with the tray size, so it can be small. It can be big. It can sit on the floor. It can be round—whatever



you deem it to be. There's no national certification recognized yet as far as from a professional organization. It's coming though. Just FYI. You can advertise yourself as a Sandtray Specialist after you obtain at least 45 hours of training.

Of course, we use directives in Sandtray. Again, we are going to process and do some interpretation of the tray. Again, it's going to be pretty limited. But again, it has used the client's word to develop the meaning. Meaning that we don't say, "Oh, that turtle is a turtle," until the client calls it that. And again, there's flexible uses of sandtray, not just in clinical settings. Schools use it sometimes. We can use this in groups, as well.

Some of the important names in the Sandtray world to remember is Linda Homeyer, Steven Armstrong, Dottie Higgins Klein, Theresa Kestly, and of course, myself, Amy Flaherty.

So now, you'll have a good understanding of the difference between Sandplay and Sandtray and this graphic will be provided to you guys, as well, in the resources section.